

# Relationship Worksheet Template

Date of Consultation:

Partner 1 Information
Name:
Date of Birth:
Gender:
Address:
Phone Number:
Email Address:

Partner 2 Information
Name:
Date of Birth:
Gender:
Address:
Phone Number:
Email Address:

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**1. Current Relationship Challenge/Issue:**

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**2. How does this challenge/issue affect each partner individually?**

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**3. List three possible solutions or approaches to address the challenge/issue:**

- A.
- B.
- C.

**4. Select the most feasible solution and explain why:**

**5. Identify any obstacles or potential difficulties in implementing the chosen solution:**

**6. List three specific actions or steps both partners can take to work towards resolving the challenge/issue:**

- A.
- B.
- C.

**7. Timeline for implementing the chosen solution:**

**8. Additional resources or support needed (if any):**

**9. Date to review progress and reassess the situation:**